SEDARIS TALKS TO THE ANIMALS

THE "BOJACK HORSEMAN" STAR SPEAKS OUT. PAGE 13

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Do you trust this biker?

Bike share. The popular Indego service, launched in April, has put many more bikers on the streets. But locals fear Indegoers are less experienced and possibly less safe. PAGE 02

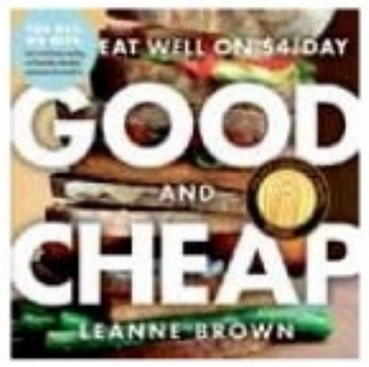
A Philadelphia resident rides an Indego bike on Spring Garden Street in Northern Liberties on Monday. / CHARLES MOSTOLLER, METRO

Demand crashes Papal Pass website

PAGE 05

How to eat healthy, even on just $4 a day

PAGE 21



Macnow: As Nola finally debuts, he's not a savior

PAGE 22

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Are Indego riders less safe than other bikers?

Safety. Indego is bringing hundreds of new bikers to the streets — but some have been riding unsafely.

On a warm night back in June, Michael Horowitz was walking through Dilworth Park. It was a beautiful night. He had just had dinner with his wife. There were children playing in the fountains. Then he heard a crash, and he saw a scene that boggled his mind.

A man on a bike had ridden through the fountains where those kids were playing.

The cyclist hit one of them.

"If you were riding a bike through a group of children like that, you could maybe avoid hitting one if they were all stationary," said Horowitz, 30.

The cyclist rode a bike from Indego, the sharing service that allows people to rent bikes for short periods of time.

Over the past few weeks, the service has come under some criticism over persistent concerns that it has put cyclists on the street who have little to no experience riding bikes in the city.

Those concerns peaked last week when Philadelphia's cycling community began collectively breathing into paper bags after a video hit the Internet featuring two Indego riders who somehow ended up riding on I-676.

Denise Goren, the director of policy and planning for the Mayor's Office of Transportation and Utilities, says one reason for the bad rap is because Indego bikes are so obvious. Everyone knows when a rider is on one.

She says that out of more than 100,000 rides taken by users on Indego, the system has seen just three crashes. She did not have information available about the experience level of riders who use it.

Randy LoBasso, a spokesman for the Bicycle Coalition of Greater Philadelphia, points out that tracking of bicycle collisions isn't comprehensive. Injuries from those kind of incidents generally aren't serious, so whether they are on Indego, bike crashes tend not to get reported to police.

"In general, bike sharing brings more people to the street," LoBasso said, "and that makes the streets safer."

It doesn't appear that the Dilworth Park crash Horowitz witnessed was reported to Indego.

This young woman safely puts on a helmet before riding an Indego at the inaugural launch in April. / CHARLES MOSTOLLER

Horowitz, an avid cyclist who has used Indego, says the boy injured in the fountain incident was transported to a hospital by paramedics, with a cut on his face and limping a bit. The Indego rider fled the scene.

Goren said the service works hard to promote safety. There are safety warnings on the bikes and on the station where riders pick them up. They tweet safety messages two or three times per day.

Before witnessing the fountain accident, Horowitz said he believed Indego riders were less experienced and more likely to ride on the sidewalk or go the wrong way down one-way streets.

But since the accident, he says he's been paying more attention, and he agrees with Goren's assessment that Indego riders seem more dangerous because they stick out.

"I see cyclists break the law all the time, and I see cyclists obey the law all the time," Horowitz said.

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us

By the numbers

600
Indego bikes

60
Indego rental hubs

3
Number of crashes reported, according to Indego

Kids' creativity flows in bike designs

Laney Jenkins, 11, pictured, was all smiles when unveiling "Sweet Ride," the fruit-inspired design she created for an Indego bike in a Mural Arts Program class. "It shows how much creativity we put into it," she said. Four bikes specially designed by kids were unveiled Monday. Six more will be released soon.

CHARLES MOSTOLLER

1 NEWS

Top 3

The best of Metro.us

1 'Work begins in Village on Bea Arthur Residence for LGBT homeless youth'

2 'Four bridesmaids killed in drunk driving accident: Long Island cops'

3 '"Hunger Games" star calls out Kylie Jenner over cornrows selfie'

On the go

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Port Richmond

Group forced woman to dance in strip club: Police

Michael Watts, 43, Staysha Hackmann, 25, and Michelle Rolon, 21, of Voorhees, New Jersey, are charged with human trafficking, Camden County prosecutors said Monday, for forcing a Texas woman to dance at a Port Richmond strip club.

The 20-year-old victim arrived on July 13, and was forced to dance at The Cove before she managed to escape and contact police. METRO

Watts / PROVIDED

Ironworkers boss gets 19 years for union violence scheme

Prison. The elderly former head of Local 401 was found guilty for ruling Philly construction with an iron fist.

Former Philly Ironworkers boss Joseph Dougherty during his trial in January / COURTESY OF THE PHILADELPHIA INQUIRER / CHARLES FOX

A former leader of Philadelphia's Ironworkers Union was sentenced to 19 years in prison on Monday for a conspiracy to terrorize and intimidate non-union contractors.

Joseph Dougherty, 73, was convicted in January for racketeering conspiracy and arson-related charges at a trial that saw seven union members testify that they vandalized, and at times torched job sites.

While Dougherty never took part in the sabotage, members of the union often told him of it after the fact in an effort to curry favor with him and get placed on job sites.

"He never said 'no,'" U.S. District Judge Michael Baylson said Monday as he remarked on Philadelphia's reputation for union violence. "He never said 'don't do that anymore.'"

The verdict angered many members of the union, who said Dougherty was being railroaded into prison by former union members who testified to get favorable sentences for themselves.

"He's going to prison for cursing on a couple of telephone conversations," said Steve DeMarco, a member of Local 401 for 37 years who rallied with dozens of other union members outside the federal courthouse. "There was a lot of false testimony, guys just wanting to make deals."

Prosecutors, however, said that Dougherty was at the top of the food chain. Eleven other union officials and workers pleaded guilty in the case, and seven of them testified against Dougherty, who was the only person charged to go to trial.

Assistant U.S. Attorney Robert Livermore said wiretaps captured Dougherty referring to himself as "the boss" of the union, and going so far as to giving the green light for acts of vandalism on the same day he had surgery.

They also said Dougherty manipulated elections at the union to ensure that those who planned sabotage rose in the ranks.

Dougherty's defense lawyer argued that there was little evidence connecting the actual sabotage to the union's former business manager.

"Joe Dougherty was sentenced to 19 years in jail today for failing to supervise a bunch of guys who thought they were gangsters," said one of Dougherty's attorneys, Mark Cedrone, who vowed to appeal the sentence.

In the courtroom

Members of the audience in support shouted, "It ain't over, Joe," as the former union boss was led away in handcuffs.

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Philadelphia

Officer shoots man reaching for gun

A Philadelphia police officer shot a 35-year-old man in the chest on Friday after he allegedly reached near where the officer had spotted a handgun.

It's the first officer-involved shooting since the city took on a policy to identify discharging officers.

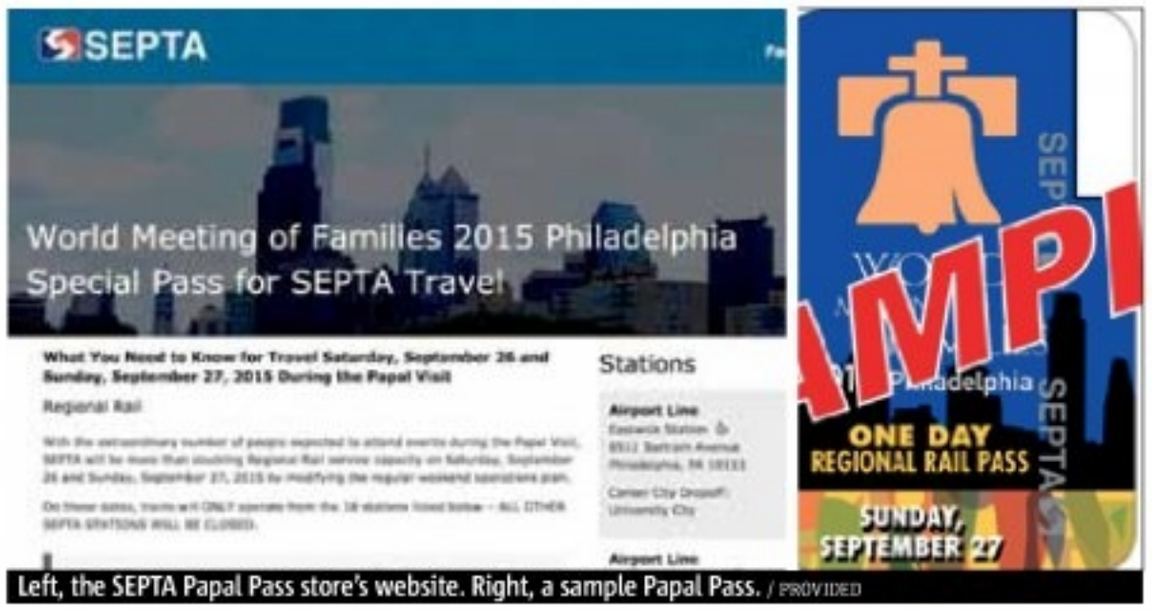
According to police, officers were called to the area for a man with a gun, and near 8th and Fairmount, Robert Judy was facing away from Officer Michael Haas, who saw a gun in his waistband. Police say when Judy was ordered to show his hands, he turned to face officers, began walking backward and reached toward the gun in his waistband.

Judy was shot once. He was listed in critical but stable condition.

METRO

Papal Pass site crashes

Pope Francis.
Massive Web traffic forced SEPTA to delay the rollout of its Papal Pass.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Left, the SEPTA Papal Pass store's website. Right, a sample Papal Pass. / PROVIDED

Less than two hours after sales for the SEPTA Papal Pass launched, the site was taken down due to technical problems caused by a high volume of visitors clamoring to buy their special $10 tickets.

Within minutes of the tickets going on-sale at 9 a.m. Monday, 64,000 carts were loaded on the website and ready to purchase 250,000 $10 Papal Passes, said SEPTA spokesman Andrew Busch.

"We tested for 1,700 [sales] a second over the weekend," Busch said. "This was within 10 to 15 minutes."

Busch said they don't know yet if the massive traffic came from would-be scalpers swarming the site.

By the numbers

350K

Number of SEPTA Papal Passes available

3

Number of downtown Philly stations open Sept. 26-27

"I don't have any insight into that one way or the other, but we'll certainly ask that question," he said. "We would hope something like that would not happen, especially given the spirit of the event."

SEPTA expects to announce on Tuesday when Papal Pass sales will resume, Busch said.

The Papal Passes, for Regional Rail travel only, cost $10 each. Riders must choose their departure time and destination station when buying the passes.

According to Busch, most of the 350,000 Papal Passes that will be sold are still available. There are 175,000 passes available per day for Pope Francis' visit to Philadelphia on Sept. 26-27.

"SEPTA is limiting the number of passes that will be sold … to keep crowd numbers consistent with the capacity that will be available on Regional Rail trains and ensure surety of service," GM Joe Casey told Metro readers in the July 20 "Ask SEPTA" column.

During the papal visit weekend, visitors can only enter the city on Regional Rail by accessing the end stations of each line.

The only drop-off points in Philadelphia will be 30th Street Station, University City, and Jefferson Station, according to preliminary information released by SEPTA.

Suburban Station will not be open due to security concerns, Busch said.

Papal pilgrims will then have to travel by foot to their destinations as connecting SEPTA service will not be available within the event area.

PATCO riders can use their Freedom Cards to enter Philadelphia, or get special Papal Visit passes at Ridepatco.org.

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Proposal

Clinton's capital gains tax plan to urge focus on long-term growth

Hillary Clinton's proposed plan to overhaul capital gains taxes aims to foster long-term growth by taxing some short-term investments at higher rates, an aide for her campaign said on Monday.

Although details of the plan have yet to be finalized, it would create a sliding rate scale based on the length of an investment, rather than treating all assets held over a year as "long term", an aide with the Democratic candidate's campaign said.

Under her proposal, which was first reported by the Wall Street Journal, profits made by an individual selling an investment held for less than a year would continue to be taxed at regular income rates, which can rise to 39.6 percent for top earners, the Journal reported.

She would increase the maximum tax rate on capital gains made on assets held at least a year but no more than perhaps two or three years, currently 23.8 percent, to at least the 28 percent proposed by President Barack Obama, according to the Journal and a brief statement from a Clinton aide.

Clinton, the favorite to win the Democratic Party's nomination for 2016, has not ruled out raising it as high as the regular income tax rate, the Journal said. REUTERS

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The Cuban flag is raised over the newly reopened Cuban Embassy in Washington, D.C., for the first time since the United States severed diplomatic relations in 1961. / GETTY IMAGES

Cuban flag raised over Washington embassy

Diplomacy. In Havana, the U.S. Embassy was also reopened but with less fanfare.

The Cuban flag was raised over Havana's embassy in Washington on Monday for the first time in 54 years as the United States and Cuba formally restored relations, opening a new chapter of engagement between the former Cold War foes.

Cuban Foreign Minister Bruno Rodriguez presided over the reinauguration of the embassy, a milestone in the diplomatic thaw that began with an announcement by U.S. President Barack Obama and Cuban President Raul Castro on Dec. 17.

Serious differences remain between the United States and Communist-ruled Cuba, and efforts toward full normalization of ties are expected to proceed slowly. But the ceremony carried enormous symbolism after more than two years of negotiations between governments that had long shunned each other.

In a further sign of a desire to move past a half-century of enmity, Secretary of State John Kerry later hosted Rodriguez, the first Cuban foreign minister to visit Washington since the Cuban Revolution, for talks at the State Department.

While both men stressed the momentous occasion, they also sought to temper optimism fueled by the day's festivities.

"The historic events we are living today will only make sense with the removal of the economic, commercial and financial blockade, which causes so much deprivation and damage to our people, the return of occupied territory in Guantanamo and respect for the sovereignty of Cuba," Rodriguez said at the reopening ceremony. REUTERS

Tweeted

"Obama's rush to restore diplomatic relations with Cuba is wrong. This embassy will only serve to further legitimize repressive regime."

Jeb Bush, presidential candidate, underscored his opposition to the diplomacy on Twitter.

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Hackers threaten to leak data of clients on cheating website

Data breach. It comes about two months after dating site AdultFriendFinder was compromised.

Ashley Madison website / GETTY IMAGES

Hackers threatened to leak details, including the credit card information, nude photos and sexual fantasies of as many as 37 million customers, of a dating website that caters to cheating spouses, the KrebsOnSecurity blog reported.

AshleyMadison.com's Canadian parent, Avid Life Media, confirmed the breach on its systems, and said it had since secured the site and was working with law enforcement agencies to trace those behind the attack.

It disputed a claim made by the hackers, who call themselves The Impact Team, that a "paid delete" function will not remove all information about a member's profile and communications.

Company officials could not immediately be reached for comment. But in an interview with KrebsOnSecurity, Avid Life Chief Executive Noel Biderman was cited as saying the company suspected someone who had access to internal networks as being behind the breach.

Quoted

"We apologize for this unprovoked and criminal intrusion into our customers' information." Avid Life

The Impact Team, in a screen grab shown on the KrebsOnSecurity blog, said it had taken over Avid Media systems, including customer databases, financial records and emails.

"Shutting down Ashley Madison and Established Men will cost you, but non-compliance will cost you more," the hackers said. Established Men is an affiliated website.

The hackers leaked snippets of the data online and warned that they would release customers' names, profiles, nude photos, credit card details and "secret fantasies" unless Ashley Madison and Established Men.com are taken down.

Ashley Madison, which uses the slogan "Life is short. Have an affair," has been planning to raise up to $200 million through an initial public offering on the London Stock Exchange. REUTERS

Tech. Three ways to protect your identity while dating online

The hacks lead to the question, "Can we date online and still stay anonymous?" The answer: Yes.

There could be a multitude of reasons why you want to keep your identity secret. Perhaps you're LGBT and in the closet. Perhaps you're in a witness protection program. Maybe you're a celebrity. Maybe you're really concerned about your privacy. Or maybe, just perhaps you are actually cheating.

Here are three ways to help protect your identity while dating online. MATT LEE

If you're going to send a nude picture, don't include your face or anything that will give away your identity. This includes jewelry, tattoos or birthmarks. You never know what the person on the other end of the chat will do with those pictures, and it's best to safeguard yourself by not giving away too much of your identity while sending seductive pictures.

If concerned about digital footprints, get a dummy email address. Set up a new email account with a made-up name and birthdate. Think of this email address as a drug dealer's burner phone — something you can throw away if you need to and won't leave a trail of breadcrumbs leading back to you. Use this address to register on sites that you would like to stay anonymous.

Get an actual burner phone. This may sound extreme and like a whole lot of work. If you are concerned about your privacy, using an alternate number while dating will give you peace of mind when you give it out to people you met online. "But Matt, I don't want to get a new phone just for online dating!" You don't have to, Skype or Google Voice can be alternatives. MATT LEE

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CULTURE

Twitter feed

Today, RuPaul is full of wisdom, Mark Duplass isn't feeling it, Rebel Wilson is only human and Lena Dunham is knocking "Newsies."

@RuPaul: Two wigs are better than one

@MarkDuplass: It is 6:54am and I'm already totally exhausted.

@RebelWilson: I lost the NO (refined) SUGAR CHALLENGE after 20 days... had a scary taxi ride and succumbed to ice-cream & Mars Bar...but back on wagon

@lenadunham: Feeling down? Christian Bale starred in Newsies. THE WORLD IS YOUR OYSTER.

1

Man drowns in Demi Moore's pool

A 21-year-old man, Edenilson Steven Valle, was found dead in Demi Moore's private swimming pool in Beverly Hills early Sunday morning, according to Fox News. Valle was a guest of a member of Demi Moore's staff who threw a party at the actress' house while Moore was away for the weekend. "I was out of the country traveling to meet my daughters for a birthday celebration when I got the devastating news," Moore said in a statement. "My heart goes out to this young man's family and friends." Friends and family told investigators that Valle did not know how to swim. TMZ reports that police believe he slipped and fell into the pool and that there is no suspicion of foul play. **MATT LEE**

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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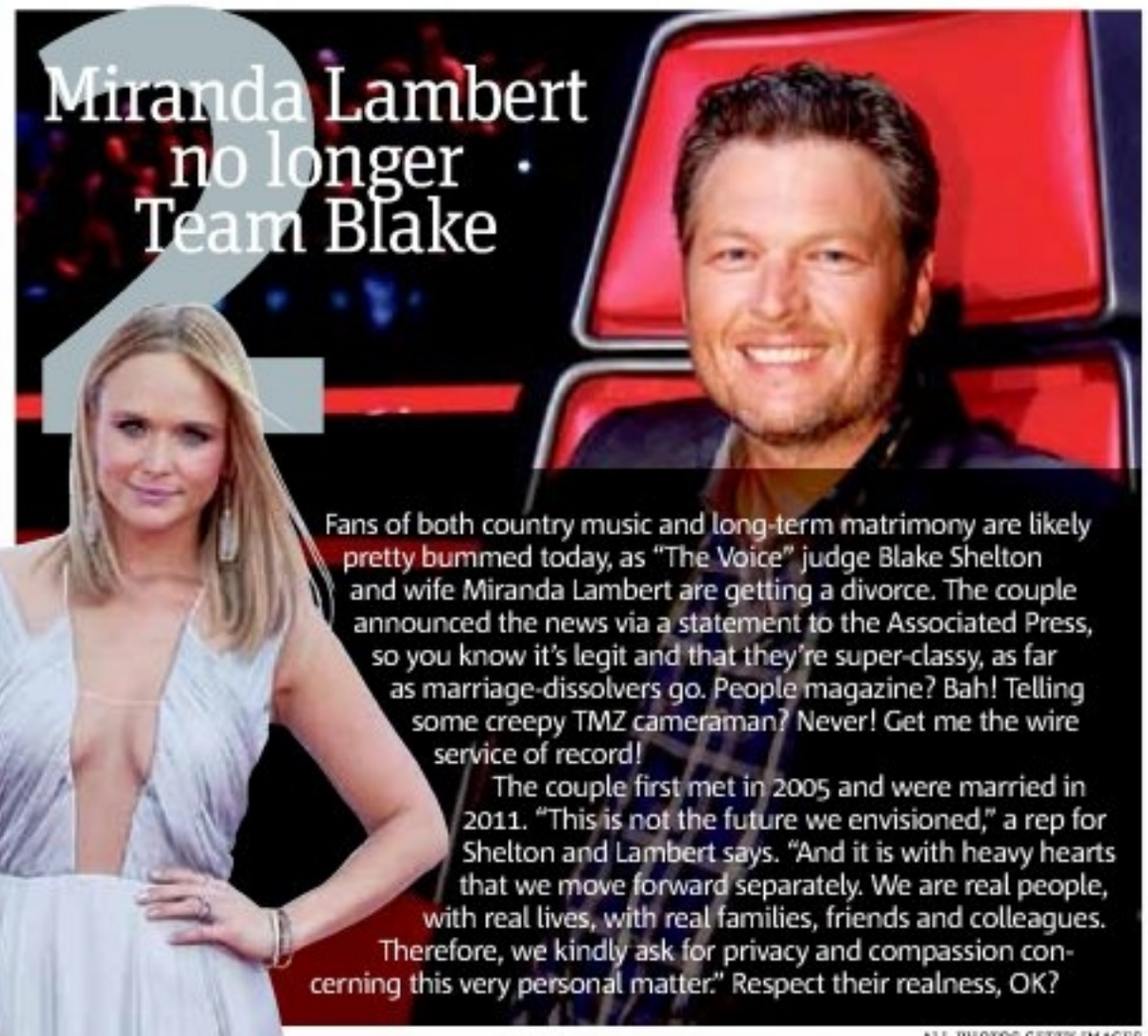
2

Miranda Lambert no longer Team Blake



Fans of both country music and long-term matrimony are likely pretty bummed today, as "The Voice" judge Blake Shelton and wife Miranda Lambert are getting a divorce. The couple announced the news via a statement to the Associated Press, so you know it's legit and that they're super-classy, as far as marriage-dissolvers go. People magazine? Bah! Telling some creepy TMZ cameraman? Never! Get me the wire service of record!

The couple first met in 2005 and were married in 2011. "This is not the future we envisioned," a rep for Shelton and Lambert says. "And it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter." Respect their realness, OK?

ALL PHOTOS GETTY IMAGES

3

Simon Cowell all over this 1D baby drama

Simon Cowell is patting himself on the back for talking One Direction member Louis Tomlinson off the ledge following news of his baby-making with non-girlfriend Briana Jungwirth. "I said to him, 'You man up. You're fortunate because you're in a position to be able to look after the baby and not worry too much about that,'" Cowell boasts to the Sun. "But I also told him, 'I've received bad calls in my life, but this is not one of them. This is your business, but I'm here for you.'" Thanks?

Also, Cowell certainly has an interesting way of putting a positive spin on things: "He didn't kill anyone. He got someone pregnant," he says. "It happens every day all over the world. Again, Louis has got great family around him and, look, it's a plus, not a negative."

Speaking of bad news, Cowell suggests that this baby situation, coupled with Zayn Malik's departure, might be just the opportunity the group needs to give it a rest already, Sorry, girls. "In terms of the band, they've got enough hits now they can take some time off and do some other stuff they want to do," he says. "Then I hope they'll have a little bit of time apart and want to get back together again." Can I just say that this all seems, I don't know, suspiciously well coordinated?

4

Emma Watson kidnapping plot thankfully a hoax

The world is not such a sad and dark place as previously thought, as a rumored plot to abduct Emma Watson from the set of "Beauty and the Beast" turns out to be totally made up. A taxi driver near the London-area film set claims to have overheard two studio employees discussing plans to make off with the actress — and really, can you blame them? I mean, yes, of course you can if they actually kidnapped her. But can you blame them for wanting to? You know what, I'm just digging myself a deeper and deeper hole here.

Anyway! "There was a concern about her safety," a source says, but apparently it didn't last very long. A spokesman for the film tells Vogue U.K., "The story was looked into by production and found to be unsubstantiated and untrue." Well, that's a relief.

Daily video

WHITE SQUAD, YOUTUBE

White Squad

MTV Decoded is taking a page out of the sketch comedy playbook with this faux commercial highlighting racial discrimination that could just as easily have shown up on "SNL," "Key and Peele" or "Inside Amy Schumer."

With "White Squad," certified professional white people offer assistance to customers of color for such situations as hailing a cab, appearing in court or getting a new apartment. It's an interesting mix of very, very funny and terribly sad. I'm sure there's a German word for that.

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Family time. Summer fun, kids included, is even better free

What's better than getting out of the house without reaching into your wallet? Here are three of the best free, family-friendly events happening in the second half of the season.

Bring the little ones to Art Splash. / PHILADELPHIA MUSEUM OF ART

Screening Under the Stars: "Back to the Future"

July 23, 8:30 p.m.
Rev up your DeLorean and make sure the flux capacitor is fluxing. Up next for the Screening Under the Stars series is "Back to the Future" at Penn's Landing. The rest of the summer lineup includes "Home," "Annie," "Lego Movie," "Cinderella" and "Guardians of the Galaxy."
Great Plaza at Penn's Landing
101 S. Christopher Columbus Blvd.
Delawareriverwaterfront.com

The Barnes

First Sunday of the month
Set aside Aug. 2 to peruse Dr. Barnes' famous art collection in its beautiful home on the Parkway. Admission is free on the first Sunday of every month, but the catch is you can't reserve tickets in advance: They go on sale at the museum at 9 a.m., and the galleries open at 10 a.m. Bring the kids for ArtSee activities in the afternoon.
Barnes Foundation
2025 Ben Franklin Pkwy.
Barnesfoundation.org

Art Splash

Though Sept. 7
Kids under 12 get in free to the Art Museum's family-friendly summer series, featuring hands-on workshops in the Splash Studio, gallery tours, art-making activities and festivals. This year's themes are the alphabet and the natural world. Tied to both is an Art Splash exhibition inspired by the museum's book, "A is for Art Museum." There's also a new A is for Art Museum app to guide families through 26 works of art.
Philadelphia Museum of Art
2600 Ben Franklin Pkwy.
Philamuseum.org

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4 Movie stars we'd like to see have a comeback on TV

The stampede of film stars to TV is no longer a trend — it's just a reality. As such, we've moved on from the Kevin Spaceys of the world to other movie stars who are looking for a break. For instance, this fall Wesley Snipes heads to NBC for the thriller "The Player" after a long stretch away from film that saw him most in the public eye for having legal trouble with his taxes. But we think there are plenty of other film actors ripe for a TV resurgence. Here are our picks and what we think they'd do well in. **LISA WEIDENFELD**

1 Jackie Chan

Appearing in:
a family comedy

Though Chan has "Rush Hour 3" on the horizon, he seems to be past his action star heyday. That's OK, though — that just means it's time for him to focus on his equally great but less honored talents as a comic actor. Chan is great at physical comedy, and we can easily picture him as the beleaguered father to his hipster kids, getting in a generational clash about how easy they have it.

2 Karen Allen

Appearing in:
a tense legal drama

Allen had a dominant stretch in the '80s, but lately (except for the "Indiana Jones" revival, whose crimes are mitigated only by her presence) she's been less active. Which means it's the perfect time for her to play some kind of high-powered attorney. We're imagining a "Good Wife" and "How to Get Away With Murder" hybrid, where she's brilliant, but morally compromised (you know, like every other TV lawyer). Bonus points if they can talk Harrison Ford into a cameo as her ex.

3 Winona Ryder

Appearing in:
a showbiz satire

Ryder was the "it" girl of the '90s, but a series of lackluster roles and that little shoplifting issue plus the usual "industry doesn't know what to do with women over 35" nonsense have kept her profile low. Why not spoof that? Sure, half the cast of "Friends" is doing it ("The Comeback" and "Episodes"), but there's room for a sharp look at life after being an "it" girl, particularly in this golden era of lady comedy.

4 Jon Lovitz

Appearing in:
a seedy lawyer comedy

Sure, Lovitz was also a TV star, but who can forget his turn in "A League of Their Own"? Wherever he's been, we'd like him to come back, with that particularly Lovitz style of scumbag he does so well. It seems too easy, but he should play a seedy lawyer a la "Better Call Saul," but, you know, funnier and less violent. We're also willing to accept him as a doctor with terrible people skills, in a pinch.

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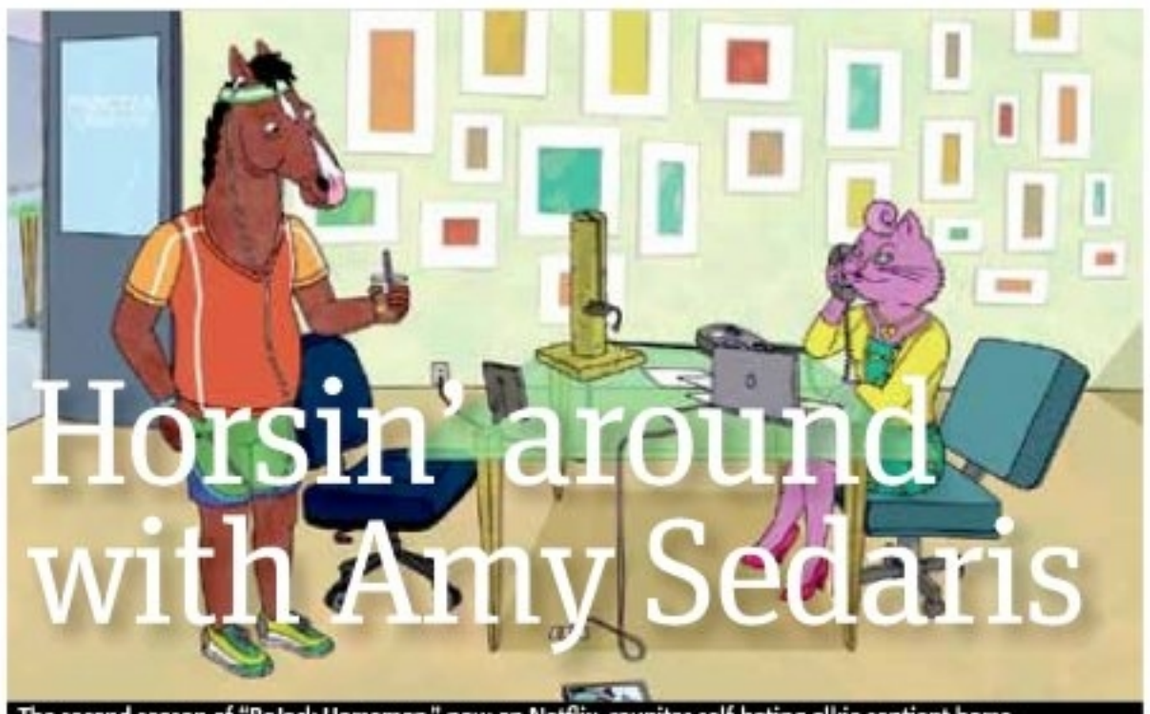
Interview.
The performer hates her voice, except when it's on "BoJack Horseman."

Horsin' around with Amy Sedaris



The second season of "BoJack Horseman," now on Netflix, reunites self-hating alkie sentient horse BoJack (voice of Will Arnett) with his flustered agent/cat Princess Carolyn (Amy Sedaris). / NETFLIX

Amy Sedaris isn't crazy about watching herself, or even listening to herself. "I hate all of it," she tells us. One exception is "BoJack Horseman." On the Netflix show — whose second season launched Friday — she plays Princess Carolyn, the agent and on-again, off-again friend-with-benefits of its titular character, a former cheesy '80s sitcom star-turned-self-hating alcoholic, voiced by Will Arnett. He's also an anthropomorphic horse, and she's a cat, but that's how it rolls in the animated show's world, where people and sentient animals cohabitate and often hook up.

"A character like Princess Carolyn, I don't mind listening to at all. It all depends on the project. But I like to watch this," Sedaris admits. She confesses to feeling panicky with other projects "because you can't change it. It's the same with the cookbook I did ['I Like You: Hospitality Under the Influence']. It's hard to go back and read it because I can't change anything. It drives me crazy."

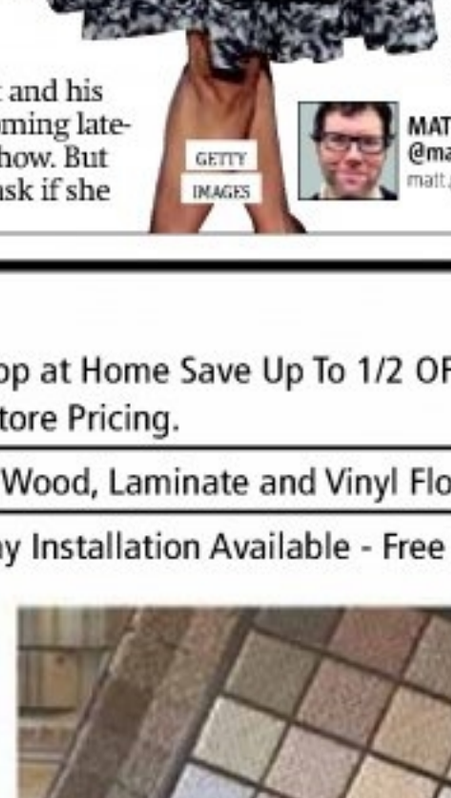
Sedaris admits that after watching the first season, she learned new things about how to do Princess Carolyn's voice, since she was finally seeing her in motion. "Once the first season came out, I saw that she moved more," she explains. "It's something you have to have in the back of your head. Maybe she doesn't talk too fast because she's moving really slow — little things like that."

The detachment from knowing what's exactly going on extends to the table reads too. Most of the cast meets up in person in Los Angeles, but Sedaris calls in from New York. "It's weird to do it over the phone while they're all in L.A.," she admits. "It's just so funny to be alone in my apartment listening to them. It's like sitting back and observing it without really seeing it."

Still, it's not as intense as it is for the animated films she's done, including "Shrek the Third" and "Puss in Boots," where there are sometimes huge gaps between recording sessions, even a year. "You always forget what you did," she says. "You go in so many times. With this, you just go in once and record it. I like this process a lot."

We don't bug her about her cult TV show "Strangers with Candy" and her "Candy" co-conspirator Stephen Colbert and his forthcoming late-night show. But we do ask if she met one of the new season's biggest cameos, Sir Paul McCartney. She did not.

"I'd almost rather meet him this way," she admits. "You don't want to meet them in person. It's too intimidating. It's like, let's just do this on opposite coasts. Perfect."



GETTY IMAGES

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matt.prigge@metro.us

One more thing

Her favorite toons

Sedaris' distinctive bray has earned her her share of animation work, including stints on "Bob's Burgers," "American Dad" and "Doc McStuffins," in addition to live action appearances on "Broad City" and "Unbreakable Kimmy Schmidt." But she hasn't appeared on one of her favorites: "'The Simpsons,' of course, is the best. I'm so glad it's still around. It's never going to die. I hope it never dies."

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Neon Trees: 'Half of my 20s was a secret'

Interview. Lead singer Tyler Glenn says his next album will be more honest than ever, now that he is openly gay.

Tyler Glenn, second from left, with fellow Neon Trees members Elaine Bradley, Branden Campbell and Chris Allen. / MATHEW HARTMAN

Neon Trees shot up the charts in 2012 with their party-ready songs "Animal" and "Everybody Talks," but the tracks on their most recent album, "Pop Psychology," are a bit more melancholy. We talk with lead singer Tyler Glenn about the crazy stories behind the songs, plus how his writing has changed after coming out as gay in 2014.

BFF breakup

The band's new single, "Songs I Can't Listen To," is about a breakup but not of the romantic variety. "My best friend of nine years said she was getting married and didn't think we could be friends anymore," Glenn tells us. "It broke my heart in a way that's different from a romantic relationship." While he says the two haven't spoken since the sad talk, he did just receive an invite to her wedding, though he hasn't decided if he's going to go or not.

Surprising storytelling

Though the song is about a friend breakup, the music video features a gay romantic relationship, noteworthy because Glenn, 31, just came out last year in an interview with Rolling Stone. "I totally forgot it would be something people would comment on," Glenn says of the same-sex relationship in the video. "It wasn't meant to be clickbait or shocking."

Glenn wasn't out when he was working on "Pop Psychology," but that doesn't mean the songs aren't about experiences he had as a gay man. "'Sleeping With a Friend' is about a guy who is straight and married to a woman," Glenn tells us. "So that's kind of awkward for him." Glenn and his ex-hookup are no longer in touch — yet another friend breakup that inspired lyrics.

If you go

Neon Trees

Tonight, 7 p.m.
Theater of the Living Arts
334 South St, 215-922-1011
venue.tlaphilly.com

Finding his happy place

The next Neon Trees album will be the first one where Glenn is openly gay, and Glenn says the songs will be talking about his relationships even more. "Half of my life in my 20s was a secret, so now I'm way honest, to a fault, and having a good time because I can," he says.

He says fans can expect the band's new songs to be happier, since he's in a good place right now. "I usually feed off of being heartbroken or in a negative situation. It's been interesting writing more when someone good is in your life."

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Overcoming slavery, starvation and homelessness

Eunsun Kim now lives safely in South Korea where she has connected with many other North Korean refugees. "We share information and do things together about North Korean human rights or refugee problems," she says. / JEONG YI

Memoir. It took nine years for Eunsun Kim to escape North Korea, but she is finally living safe and free.

When Eunsun Kim was just 11 years old, she, her mother and her sister started a journey to escape totalitarian North Korea. It took them nine years to find safety. Her memoir "A Thousand Miles to Freedom" (out today) is her powerful and shocking account.

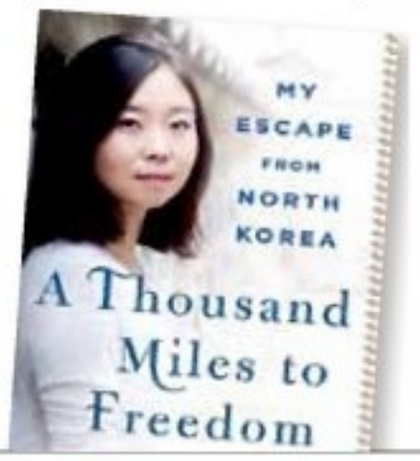
Leaving home

When Kim was a child, her family was affected by the famine taking place in North Korea at the time. After her father died of starvation, her mom decided they should leave home, even though they had to live on the streets. "We slept anywhere we could — under bridges or market display stalls," Kim tells us.

Sold into slavery

After making it out of North Korea and to China, a seemingly nice woman offered them shelter. She suggested Kim's mother marry a Chinese man to have legal residency. Not seeing an alternative, she agreed. They did not know the woman was offered money from the man, essentially selling the women as slaves.

"Even though human trafficking is illegal in China, there are many old, poor, disabled men in small villages, and these men want to use their money to buy North Korean women because it is much easier than finding a Chinese woman to marry," Kim says.



Though they now had food and shelter, they were treated badly by Kim's mother's new husband. He berated her until she became pregnant with his son. Eventually, the three women left and escaped to South Korea, where they live today.

Once there, Kim focused on school. "I met many nice people in South Korea who really did help me study," she says. "After one year, my grades improved, and I started to have self-confidence. I felt like I could have a bigger purpose in my future."

Life now

Kim now attends college in South Korea, is married to another refugee and is expecting her first child. "Even though we had to go through so much, I am pleased with my life now," she says. "I am now a free woman, which is the most important thing in life."

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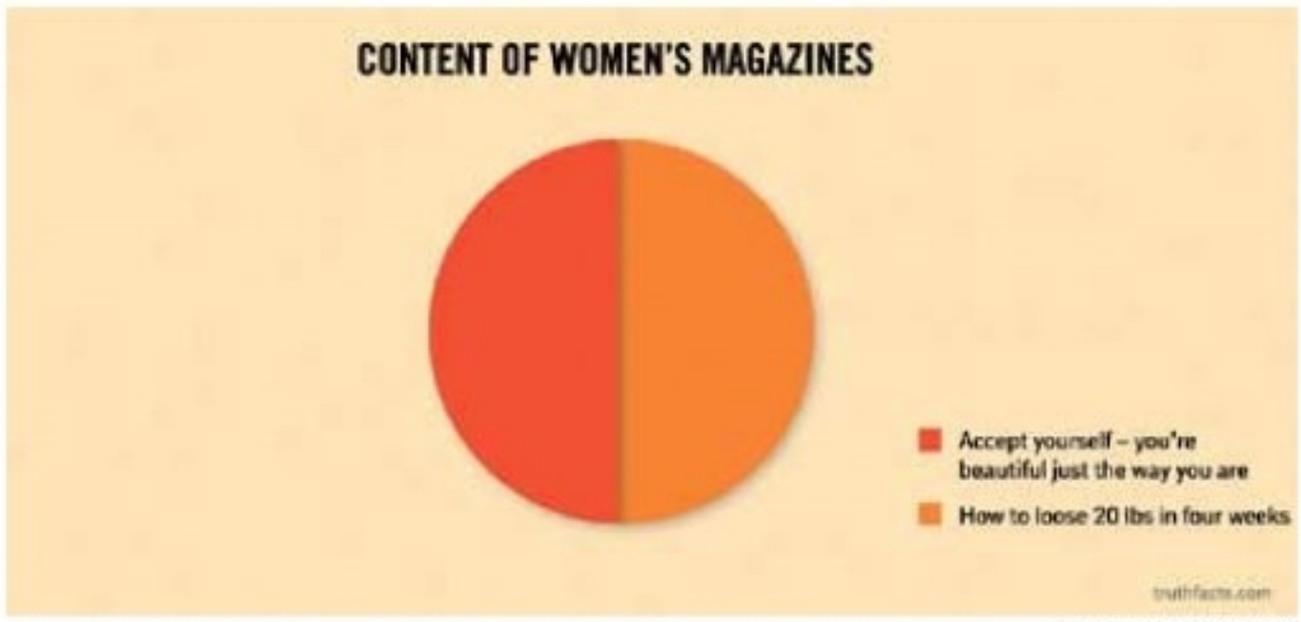
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Aries Maintain your self- respect and don't put up with people who let you down regularly. Your friendship is too valuable to be wasted.

Taurus Don't expect others to meet your expectations. Find out what needs to be done and do it. Preparation will lead to a successful outcome.

Gemini You can outperform an opponent if you do your research. You will attract assistance if you can offer legitimate solutions.

Cancer The more places you visit, the more people you will encounter who can help you in your quest for success. Share your ideas to gain allies.

Leo Don't miss an opportunity to promote your skills. Networking will result in aid from an unlikely source. Say what's on your mind.

Virgo Emotional turbulence will leave you confused. Don't give in to pressure or manipulation. Take a break to sort through your feelings.

Libra Don't be afraid to say no if something doesn't feel right, no matter who is doing the asking. It will bring you the same result.

Scorpio An outside influence will change your perspective. Do something that inspires you. Don't stay at home hoping your big break will come.

Sagittarius Before you make a decision, make sure you have all the facts. A change of heart will make it difficult to follow through with a plan.

Capricorn A few tweaks to a project will make it a moneymaker. By investigating a similar product, you will discover a new marketing technique.

Aquarius Being confrontational will not get you ahead. If you feel too anxious to deal with others, take time to sort out your feelings.

Pisces Put some time aside for romance. A personal relationship will suffer if you become too demanding. EUGENIA LAST

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easy

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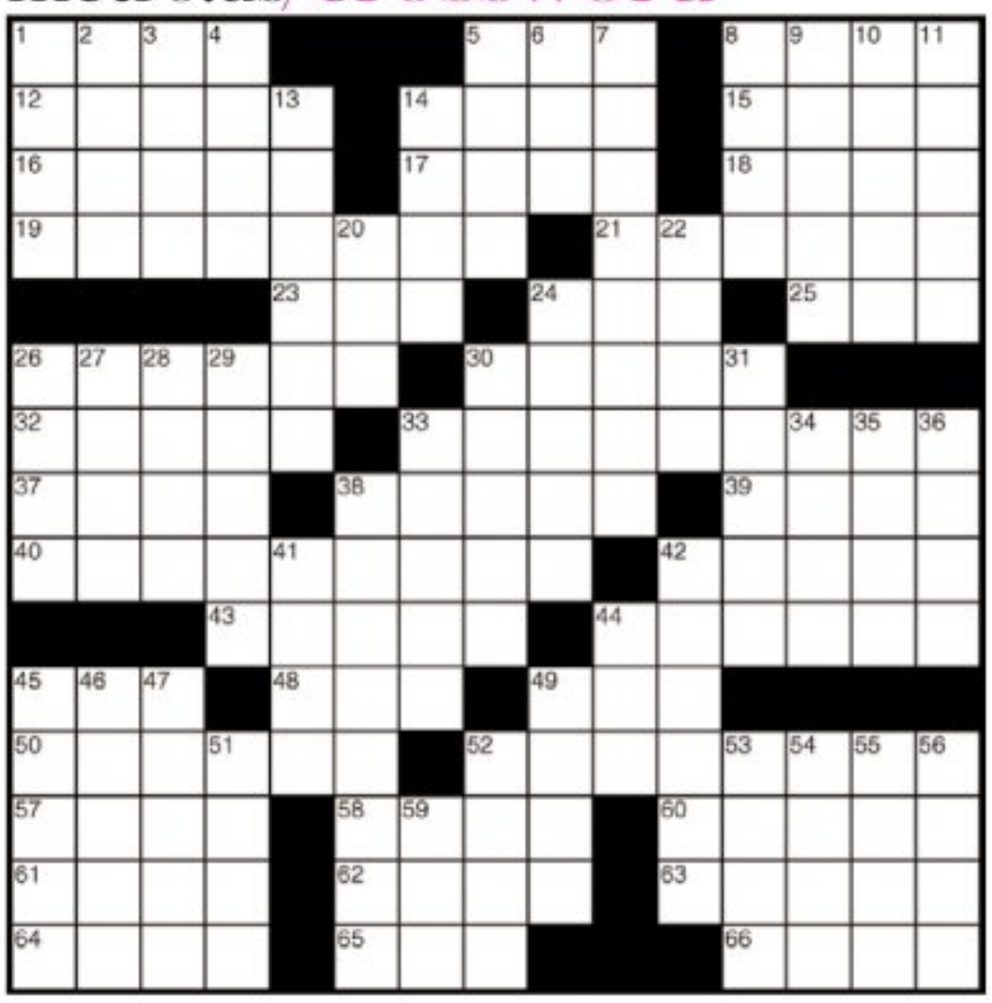

Across

1 Bring down the house
5 NFC gridder
8 Shed one's coat
12 Wooden horse saga
14 Ceremonial fire
15 Cuba, to Castro
16 — Dame
17 Glimpsed
18 Crooked scheme
19 Pub order, maybe
21 Tahini base
23 Wine cask
24 Billiard stick
25 Awesome, dude!
26 Ski lodge
30 Small jobs
32 Movie with a posse
33 Delphi oracle
37 Online journal
38 Unstable leptons
39 Zero-shaped
40 Noted Corsican
42 Teresa of —
43 Shopper's dread
44 Brunch favorite
45 S&L offering
48 Freeway clogger
49 Channel-surf
50 Unkempt
52 Tornado refuge
57 "En garde" weapon
58 Jacket style
60 Wild West show
61 Ricci of fashion
62 Hotfoot it
63 Left off
64 Gouda cousin
65 Continent divider
66 Novice

Down

1 Wedding band
2 Felipe or Matty
3 Tubular pasta
4 Accrue interest
5 Farewells
6 Suffix for press
7 Population surveys
8 Hit or —
9 A Muppet
10 Alpaca kin
11 Docile
13 It's a mile up
14 Furtive whisper
20 Don the feedbag
22 Blondie's shrieks
24 "The — Mutiny"
26 Lee J. —
27 Lunar phenomenon
28 Nefertiti's god
29 Photocopier setting
30 Quick, steady paces
31 Cook's need
33 More pristine
34 Worse than bad
35 Ever-popular attraction for consumers
36 Thin board
38 Ball club VIPs
41 Typewriter type size
42 Electrical unit
44 NATO cousin
45 Curie daughter
46 Speedy
47 Booster rocket
49 Big name in Westerns
51 Dogsled pullers
52 — Raton, Fla.
53 — Blanc
54 Whirlpool
55 Not e'en once
56 Hubbub (hyph.)
59 — kwon do

metro.us/quiz

What Does Your Daily Schedule Say About Your Love Life?

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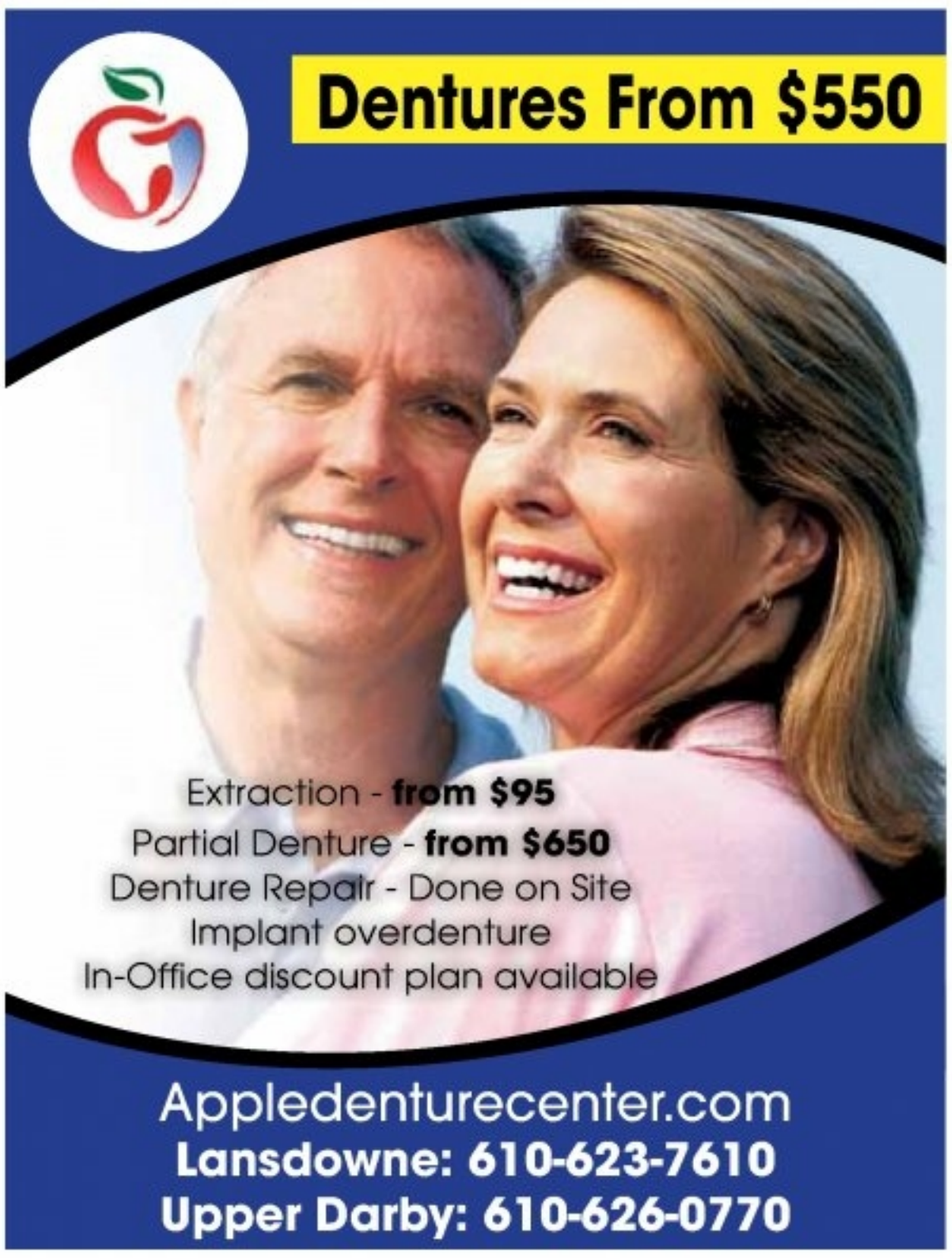

Take meditation into your hands

Apps can be a helpful way to get started on your path to Zen.

MEGAN FU
@ MetroPhilly
letters@metro.us

Stress levels tend to run high in the city — it can be difficult to find time to relax and clear your head. Meditation is a helpful and healthy way to cope, but who's got the time for a class? It may seem counterintuitive, but your smartphone can help.

For most beginners, meditation feels difficult, and it can take some time and trial and error to figure out what type of guidance is best.

"As human beings, we are set up to get things done, to accomplish," says Josh Korda of the Buddhist collective Dharma Punx NYC. "We are prone to overscheduling and busyness, so the idea of settling and focusing the mind and internally letting go of achieving or doing anything can at first be a very challenging endeavor."

Korda began his practice the old-fashioned way: setting an egg timer and sitting quietly until it went off. "Believe me, it was torture for many years," he recalls. "I don't think I would ever recommend that old-school way to anyone."

But now, there are all kinds of options at your fingertips to get started. Korda and fellow Dharma Punx NYC teacher Kathy Cherry tell us how apps can be a useful tool for those trying to get into meditation.

Find the right guide

When you're trying to get into the right headspace, the teacher's voice can be important. Apps make it easy to find someone who works for you — though Korda says it's also important not to focus too much on this, as "no one likes meditation at the beginning."

Make time to experiment

Korda and Cherry both agree that formal practice is important, and you're unlikely to see benefits if you don't set aside roughly 20 minutes a day, every day, for at least eight weeks.

To stay motivated, experiment. "Download a bunch of guided meditations to your phone, and then when you're available to spend 15 or 20 minutes, just sit and play [them] — that's the best way to get started," says Korda. The variety may spark something and keep the sessions from feeling repetitive.

Get social

Cherry uses an app called Insight Timer (iOS and Android) because there's a built-in community. "You have the ability to join other meditation groups, and you can see others and track yourself," she says. "Connecting with other people in the process is really critical to being able to sustain your practice."

...Or get back to basics

Many people meditate during their public transit commute, but maybe don't start there. In the beginning, you'll want to remove as many distractions as you can, Cherry advises. Choose an app that's easy for you to use and has a simple timer that you can customize.

"Having the ability to program indicators for yourself allows you to relax," she says. "You can trust that the app will give you the notification that it is time to switch into this other mode."

Keep your goals in mind

Training the brain to meditate is so difficult because we're programmed to constantly work and achieve. It is easy to give up, move on and throw the idea of meditation away.

"Most will think, 'Why am I doing this? I have so much to do,' and they won't understand all the benefits," Korda says. "They won't be able to really know what the long-term goal is and what the possible benefits are."

Five apps to try

Headspace
Free (iOS, Android, Amazon)

Buddhify
$4.99 (iOS, Android)

Insight Timer
Free (iOS, Android)

The Mindfulness App
$2.99 (iOS, Android)

Stop, Breathe & Think
Free (iOS, Android)

Two practices

There are roughly two large categories of meditation, and to understand the benefits, it is necessary to understand those categories.

Concentration: Focuses on breathing and building attention, skills and focus

Mindfulness: Doesn't focus on a specific thing; the mind is being trained to be available to anything that arises

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Bacon for vegans

Dulse is about to become the new BFF of the meatless crowd.

EVA KIS
@thisiskis
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The new variety of dulse is way more nutritious than bacon, too. GETTY IMAGES

Vegans, vegetarians and anyone else missing bacon, Oregon State University has your back.

Last week, researchers at the Newport school patented a new strain of a well-known algae, dulse, that has been grown for centuries. Except this one tastes like bacon when it's cooked.

Even better: Dulse 2.0 also grows quickly, has a ton of protein and is packed with minerals, vitamins and antioxidants.

"In Europe, they add the powder to smoothies or add flakes onto food," lead researcher Chris Langdon said in a press release. "There hasn't been a lot of interest in using it in a fresh form. But this stuff is pretty amazing. When you fry it, which I have done, it tastes like bacon, not seaweed. And it's a pretty strong bacon flavor."

The red seaweed, which looks like translucent lettuce, was first grown as a superfood for the sea snail abalone.

But when a business-minded colleague at the university stopped by Langdon's office, he saw the red algae growing in a tank and suggested developing it for the human market.

That colleague, Chuck Tooms, took the dulse to the university's Food Innovation Center in Portland, where it was made into several foods including a cracker and salad dressing. Several chefs in the city are testing it in their dishes.

Though northern Europeans caught onto the nutritional value of dulse centuries ago, there are no facilities that grow it for human consumption in the U.S. yet. But Tooms' MBA students are already working on a business plan.

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The yoga routine to better sex

Try this at home

These poses stimulate hormone production and strengthen the pelvic floor. Try to hold them for at least one minute.

1 Temple
Spread your legs and squat with your knees facing outward. Gather your hands and breathe in and out slowly and deeply while contracting the perineum. ***Effect:*** *strengthens the perineum*

2 Warrior III (Virabhadrasana III)
Bend one knee until the thigh is parallel to the floor. The head, chest and leg should be aligned facing forward, hands in prayer position. ***Effect:*** *tones the leg muscles and core, improving posture and agility*

3 Chair (Utkatasana)
With knees slightly bent, push your hips back and then slowly forward while contracting the tummy. Do 10 reps. ***Effect:*** *improves flexibility and releases tension around hips, strengthens abs*

4 Supported Bridge (Setu Bandhasana)
Lie on your back with knees bent and the soles of your feet flat on the floor. Lift your hips off the floor, while letting your arms rest alongside your body, and contract the perineum.
Effect: *strengthens the butt and perineum*

5 Cobra (Bhujangasana)
Facing the floor, put your hands near your shoulders and push up to lift your chest. Palms and legs are on the floor.
Effect: *strengthens the upper body, firms the buttocks, relieves stress and fatigue*

Yoga can help with more than just wellness. MATTHEW RAGAN, CREATIVE COMMONS

Behold: poses that'll turn oms into aaaaahs (for both of you!)

ELODIE NOEL, MWN
@ MetroPhilly
letters@metro.us

It's Tuesday morning, and I have a meeting with a very handsome Brazilian man who claims he can improve my sex life — while keeping our clothes on. Sounds unlikely, right?

Heberson Oliveira is giving me a special yoga lesson. The yogi, who just launched the app Yoga & Sex, believes the ancient Indian practice can make you happier and more fulfilled in ways beyond spirituality.

Yoga is known for its many benefits including reducing stress, strengthening the limbs and improving flexibility — all of which can lead to a better sex life.

Oliveira's method focuses on poses that have a direct effect on several aspects of sexuality by invigorating specific parts and stimulating hormone production.

"For women, regular practice improves desire, gives stronger orgasms and makes them feel more conscious of their body," he explains. "Men will get better erections, stronger orgasms and will be able to have longer intercourse."

The verdict

Although I was pretty skeptical, I have to admit it definitely made me feel more connected to my body — my whole body. The postures are quite simple, but the effect can be felt pretty much immediately on the pelvic floor. One lesson did not considerably change my life in the bedroom, but regular exercises through the app could make a difference in the long run.

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Cube # 2014, Nicole Johnson

CubeSmart

Eat well on just $4 a day

Leanne Brown shows us how to eat healthy on a SNAP budget.

RACHEL KASHDAN
@ MetroPhilly
letters@metro.us

Even on a budget, you can eat real, nutritious food, like this taco salad. PROVIDED

You might think you can't afford to eat well, so your shelves are stocked with the cheap and processed stuff like packaged ramen noodles and Easy Mac. But Leanne Brown, a graduate of NYU's master's program in food studies and policy, proves that anyone can afford to eat healthy food every day in her book "Good and Cheap: Eat Well On $4/Day," a guide to eating nourishing, fresh food on a budget.

Brown's book was created with the 46 million Americans who live on SNAP in mind — the federal food stamp program only allows for a daily budget of $4 per person. Though really, it's for anyone living on a budget looking to eat better, whether you're a penniless college student or a recent retiree.

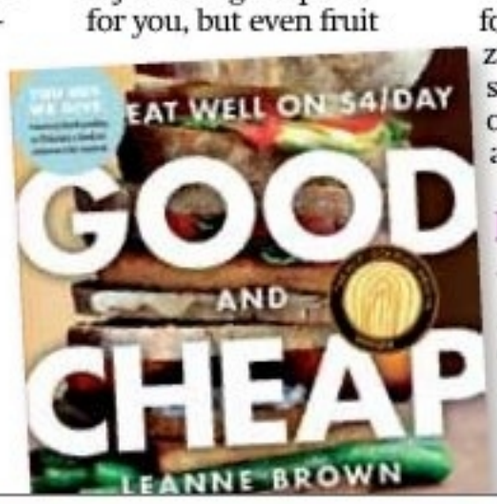
In "Good and Cheap," Brown argues that limited funds shouldn't hold you back from eating well because when you're armed with cooking ability and a dash of creativity, and you incorporate a bit of planning, the options are endless.

The book provides a diverse range of "simple, real food" options centered on fruits and veggies, which you can then tailor to your tastes and needs or use to spark ideas of your own.

It's got recipes for everything from savory breakfasts to sauces, desserts to smoothies, plus grocery shopping tips, pantry must-haves, kitchen equipment basics and a guide to repurposing leftovers. We got three of Brown's top tips for saving money at the grocery store and a recipe to put them into action.

Skip the drinks

You already know soda is just straight-up bad for you, but even fruit juices usually contain a ton of sugar without the benefits of fiber from the whole fruit. When on a limited budget, why spend your funds on something that doesn't benefit your body? So nix the drinks and stick with water. If you're looking to mix things up a bit or want something a little sweeter, indulge those cravings by throwing in some chopped fruit, making a smoothie or drinking tea.



Check what's in season

If you buy fruits and vegetables out of season, you're usually paying more money for lower quality produce, Brown says. Instead, stick to buying fruits and veggies when it's their growing season, and look for canned or frozen items when out of season. Brown suggests looking for great deals on quality zucchini near the end of summer and stocking up on oranges in December and January.

Buy in bulk

When shopping for foods you eat regularly, or ingredients you'll be able to use in multiple meals, buy in bulk whenever possible, Brown says. "Buying larger amounts of one item can usually bring down the price per unit. When you're working within a tight budget, you won't always be able to afford to shop for the future, but you should do it when you can."

If you're a yogurt eater, that's one item Brown says to always buy in bulk. Instead of buying a few small containers with toppings or chemical flavorings, just buy buckets of plain yogurt and add whatever fruits or toppings you like.

But you shouldn't get too carried away and fill your cart to the brim like you're stocking up for the apocalypse. If it's something you won't be able to finish before it spoils or the package contains just more than you actually need, stick with a smaller amount.

Recipe

Taco Salad

Adapted from "Good and Cheap"
Serves two; $2.60 per serving

- 4 cups chopped lettuce
- 1 cup cooked beans, pulled pork or ground beef
- 2 small tomatoes, chopped
- ½ cup corn kernels, canned or fresh
- 2 or 3 scallions, finely chopped
- 1 cup tortilla chips, crushed
- ¼ cup shredded sharp cheddar cheese or queso fresco

Dressing
- ¼ cup sour cream or yogurt
- juice of 1 lime
- salt and pepper, to taste

Additions
- chopped cucumber
- chopped jalapeno (remove seeds for less heat)
- bell peppers, stemmed, seeded and chopped
- grated carrots
- salsa

Directions
Mix lettuce, beans, tomatoes, corn, scallions, tortilla chips, cheese and any additions in a large bowl. In a small bowl, stir together the sour cream, lime juice, salt and pepper (adjust to taste).

Just before serving, pour the dressing over the salad and toss to coat. Eat immediately, maybe with a few extra chips on the side.

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3 SPORTS

The British Open

Spieth falls short of history

After winning the Masters in convincing fashion and surviving for a U.S. Open title, golf sensation Jordan Spieth fell one shot shy of joining a four-hole playoff at the British Open at St. Andrews. A win would have made Spieth the first man to win the first three majors in a calendar year in more than 60 years. In a rare Monday finale, Spieth bogied the infamous 17th (the Road Hole) before missing a lengthy birdie putt on the 18th that would have tied eventual champion Zach Johnson, Louis Oosthuizen and Marc Leishman, who played in a four-hole playoff. Johnson, the 2007 Masters Champion, won the playoff by a shot. Following the long, weather-ravaged tournament played at the birthplace of golf, Spieth told reporters that it "stings a little bit but ultimately we gave it a really good run."

MACNOW: AS NOLA MAKES MLB DEBUT, DON'T HOPE FOR SAVIOR

Aaron Nola makes his MLB debut for the Phillies Tuesday night against the Rays. / GETTY IMAGES

I've never appreciated the guy — on radio or in print — who warns fans not to get overexcited. Irrational exuberance is a fan's right. It's no one's job to talk you out of believing that Sam Bradford has the stuff of Super Bowl quarterbacks or that Cesar Hernandez is a future all-star.

So excuse me while I walk in an uncomfortable pair of shoes.

Just like you, I'll be riveted to Aaron Nola's debut Tuesday night. The 21-year-old seventh overall pick of the 2014 draft has cruised through the minors and earned his shot. I watched Nola pitch twice this season. He's smart, works fast, locates his pitches and owns the mound when he's out there.

He'll be a major league starter for years.

But here's what Nola is not: an ace. He's not going to step into Cole Hamels' role if the tortured lefty mercifully gets traded next week. He's not going to be the next Roy Halladay or Cliff Lee.

More likely, Nola is Jamie Moyer — minus 30 years and plus 8-10 mph on the fastball. Scouting reports generally agree Nola will peak as a third starter in a good rotation. The upside is that he's got the brains and stuff to forge a lengthy major league career.

The downside is he doesn't possess the killer strikeout pitch that will lead to him having his name etched onto the Cy Young Award.

The Phils wisely grabbed Nola last year, knowing that the LSU star was closer to being ready for the major league than anyone else in the draft. For a fan base that has suffered through Severino Gonzalez and Kevin Correia this season, that makes a lot of sense.

And we've grown more and more excited with each successful stat line from Reading or Lehigh Valley. "Why isn't he up here?" we've shouted each time another fraud of a Phillies starter got knocked out in the third inning.

The buildup has been such that I'm doing exactly what I hate in my business — issuing that "calm down" warning. My biggest fear with Nola is that he can't possibly live up to the buildup that a desperate fan base has placed on his right arm.

He's not going to be Jose Fernandez, folks. Or Matt Harvey. Or Sonny Gray. He's not going to come in and dominate. More likely, he'll scuffle a bit before settling in as a solid part of the Phillies' eventual rebuild. Just don't get apoplectic if it takes him awhile to find his footing.

Oh, and by the way, after he debuts tomorrow with a three-hit shutout — please don't mind me if I join you on the Hall of Fame bandwagon.

Opinion

GLEN MACNOW

@REALGLENMACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.

Hit the ground running

Here are some recent memorable debuts:

- **Kyle Kendrick on June 13, 2007:** 6 IP, 6 H, 3 R, 2 BB, 4 K for no-decision
- **Cole Hamels — May 12, 2006:** 5 IP, 1 H, 0 ER, 5 BB, 7 K for no-decision
- **Brett Myers —July 24, 2002:** 8 IP, 2 H, 1 R, 1 BB, 5 K for a win

NFL

Fans push to induct Temple great to Canton

Joe Klecko should be in bronze — that is the message from New York Jets fans to the Pro Football Hall of Fame in Canton, Ohio. And it is a message that is gaining momentum.

A part of the famed "New York Sack Exchange" that ran rampant throughout the league in the late '70s and early '80s, Klecko is one of the names not in the Pro Football Hall of Fame that remains a bit of a head-scratcher. He was a sixth-round pick in the 1977 NFL Draft out of Temple University and became, arguably, the best player on one of the league's best defensive lines. His peers raved about him, and he remains one of the most popular Jets in franchise history. Klecko was one of the first inductees into the team's Ring of Honor.

His numbers could have been far more impressive, but the NFL didn't start counting sacks until 1982.

An online petition started earlier this month has over 1,200 signatures asking the hall's selection committee to enshrine Klecko.

Will Joe Klecko ever get a call from Canton? / GETTY IMAGES

"We have some plans in the coming weeks to draw more attention to the petition, and we hope that it brings some awareness to the fact that Joe Klecko is more than deserving of this great honor," said Jason Koeppel, who founded the "Klecko 2 Canton" movement. Klecko won AFC Defensive Player of the Year in 1981 when he tallied 20.5 sacks. Four times selected to the Pro Bowl, he was also twice an All-Pro.

As a Temple Owl in the 1970s, Klecko led the Owls in tackles three times and was an All-American twice. He grew up in Chester, Pennsylvania, where he was also a hardware-winning boxer, and he has been in the Temple Athletics Hall of Fame since 1987.

Despite former teammates and opponents vouching for Klecko, he still hasn't come close to standing in front of that podium.

Koeppel said that there are plans in the coming weeks to raise awareness, though he is pleased that the social media campaign has already generated over 1,200 signatures to date.

KRISTIAN DYER

Are 76ers themselves to blame for Embiid's latest injury setback?

NBA. Charles Barkley says the Sixers should have handled things better.

The Joel Embiid injury saga continues to take more twists and turns than a soap opera. How it ends is anybody's best guess.

The 76ers obviously hope that Embiid will go on to have a stellar career and ultimately lead them to a championship.

For now, it's about getting Embiid healthy. And that's no easy task.

Embiid was the Sixers' first-round selection (No. 3 overall) in the 2014 NBA Draft, but he missed the entire season with a stress fracture in his foot. He had surgery and then sat out the whole season.

Just when it looked as if Embiid would join Nerlens Noel and rookie Jahlil Okafor on the court this season, it was determined last month that the bone was healing at a slower pace than the team expected.

A second surgery was recommended after a series of meetings with the organization, doctors and Embiid's family. He'll miss a second full season in 2015-16. How about now?

Reports have surfaced that Embiid broke the same bone in his foot.

"I'm very concerned, and I'm very disappointed in the Sixers," former Sixers star forward Charles Barkley said in an interview on Comcast SportsNet. "I don't know all the ins and outs. I don't understand how you do that surgery, and you're not checking in periodically. You wait a whole year before you realize the surgery wasn't successful. Maybe I'm just wrong, but it seems to me like every couple of months, they should have been doing something to check on his foot to see how it's progressing."

Quoted

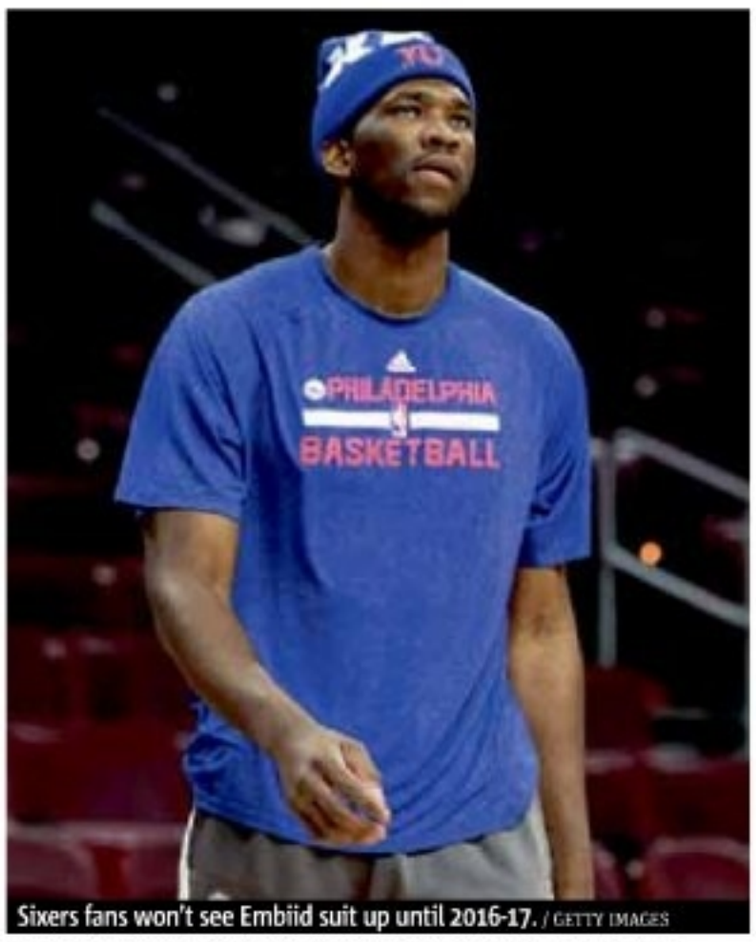
"I don't understand how you wait an entire year and then realize his foot is not healing properly. I have to blame the Sixers for that fiasco."

Charles Barkley on the 76ers' handling of Joel Embiids's injury, as told to Comcast SportsNet.

If there's a positive to take away from this situation, it's the fact the Sixers were able to pick Okafor. Ohio State guard D'Angelo Russell went to the Los Angeles Lakers at No. 2 and that left Okafor for the Sixers one selection later.

Since Embiid is out again, Okafor will have a fantastic opportunity to gain experience this season.

"You have to be concerned," Barkley told CSN of Embiid's injury. "But I still like [Jahlil]. I thought he was one of the best players in the draft. With the Embiid thing, there's nothing they can do about that. They just have to wait and see. With the Lakers taking Russell, [the Sixers] got very fortunate to get another big guy to go with Nerlens. It worked out for the Sixers."



Sixers fans won't see Embiid suit up until 2016-17. / GETTY IMAGES

Whether Embiid works out in the long run remains to be seen. He's still a young player, but missing his first two seasons will set him behind. He'll have to overcome physical and mental hurdles as well.

Just like the Sixers' rebuilding process, it's going to be a waiting game. In more ways than one.

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Cole Hamels has not even come close to resembling the 2008 World Series MVP over the last month or so. / GETTY IMAGES

For Phils, Hamels' stock falls while Francoeur's rises

MLB. Have back-to-back dreadful starts hurt Cole Hamels' trade value?

Jeff Francoeur rose in the minor league ranks at the same time as Cole Hamels.

"I remember battling against Cole when I was a kid in the Braves organization," Francoeur recalled. "I knew he would go far."

Francoeur was right. Hamels has gone far with the Phillies. King Cole is one of the best hurlers in the game. The big question is how far will Hamels go in about a week and a half.

The same can be asked of Francoeur. The one-time Gold Glove winner has risen from oblivion with the Phillies. The veteran outfielder with the perpetual smile belted a walk-off two-run homer Sunday en route to a third straight win for the team since the All Star break.

But the Phillies are still the worst team in baseball. It could get worse in the short term if the Phillies trade Francoeur and Hamels.

The latter was roughed up for the second consecutive game. Hamels was chased after only three innings — he gave up an uncharacteristic five earned runs on eight hits.

"He's allowed to have a couple of bad starts," Phillies interim manager Pete Mackanin said.

It's true. Hamels has pitched well prior to July, and subpar starts happen. As the trade deadline approaches, teams are aware of what Hamels can do.

"I think my track record speaks for itself," Hamels said. "Sometimes you get yourself into a rut, and sometimes you have to get yourself out of a rut."

There's no bigger rut for Hamels than the team he pitches for.

"It'll be fascinating to see what happens since Hamels is going to interest teams," a NL scout said. "The big question is what will be given up to get Hamels. Regarding Francoeur, I didn't see this coming in March, but he has proved he can still hit some, and he is still a good defensive outfielder."

By the numbers

.89

Cole Hamels' ERA has skyrocketed from 3.02 to 3.91 after his last two starts.

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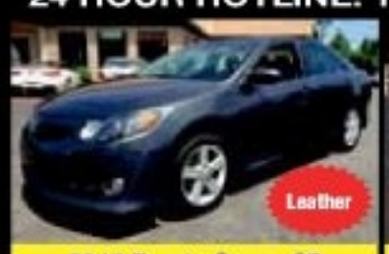

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